

“I didn’t think I could
quit smoking, until
I did it.”



Kicking the habit was tough, but worth it. I’ve cut my risk for heart disease and cancer. So there’s a good chance I’ll live longer which is great because I’ve got a lot of hugging left to do.

Live Like Your Life Depends On It.

Health Care  Foundation
OF GREATER KANSAS CITY


Live Well
MESSAGE ALLIANCE
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